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VFS.EDU/METRO

Vancouver metro



Hey UN, a real female role model would have been better

metroNEWS

MONDAY, OCTOBER 24, 2016

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THIS IS ALL YOU GET

... for \$18 a week — just a glimpse of life for British Columbians who live on welfare

metroNEWS

‘World-class marine response did not happen’

BELLA BELLA

First Nation bearing brunt of environmental disaster

 **Sam Smith**
For Metro | Vancouver

Eleven days after the sinking of the tugboat Nathan E. Stewart — spilling an unknown amount

of its stored 220,000 litres of diesel fuel into sensitive waters 20 kilometres west of Bella Bella, B.C. — nearby Heiltsuk Nation decried that the small community is being forced to “bear the brunt of this environmental disaster” on its territories.

Heiltsuk Chief Councillor Marilyn Slett told Metro her community is in “shock” after the boat’s sinking on Oct. 13, and then this weekend watching booms meant to contain the

spill break apart due to harsh weather conditions.

The booms were finally repaired on Sunday, but nonetheless the spill continues to wreak havoc on the local waters — a popular spot for clam harvesting. That important economic lifeline for Bella Bella was set to start in coming weeks.

Now, Slett said in a phone interview, that won’t be possible.

“There are 50 families which

rely on the harvesting to get them through the winter, what are they going to do now?” she said. “(B.C. Premier) Christy Clark just recently had mentioned incidents like the one near Bella Bella are exactly why the government have put the five conditions around the energy projects that they’re looking at.

“This ‘world-class marine response’ did not happen here in Bella Bella.”

In the wake of the latest mar-

ine safety incident on the coast, the Heiltsuk and the other First Nation members of Coastal First Nations renewed their call to outright ban oil tankers on B.C.’s coast. They said the tugboat sinking is just the latest wake-up call in recent years.

“Our community is a marine community,” Slett explained. “We rely on the ocean for our sustenance.

“This area that was hit is a 13,000-year-old village site. We’re connected to it by his-

tory, connected to it by our culture and through our way of life. It’s really hit us every way that it can.”



WARNING

As cleanup attempts continue, a storm warning remains in effect for the area — now with the added danger of gale-force winds.

BOT WARS New Democrat looks to Ontario for e-scalper ticket ban metroNEWS

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Surviving on \$18 a week

POVERTY

Challenge gives glimpse into life of 185K people on welfare



Sam Smith
For Metro | Vancouver

If there was one lesson for volunteers who participated in the Welfare Food Challenge — a week-long annual experiment which officially ended Sunday — it's that living off of \$18 for a week's supply of food is not, well, fair.

"\$18 a week is dangerous," DJ Larkin, lawyer and campaigner for Pivot Legal Society, told Metro in an interview.

This year was the first Larkin took part in the annual initiative, which asks participants to eat as if they only have the \$610-a-month allowance a single person in B.C. who has no recognized disability receives from the government.

Of that amount, participants deducted \$479 for rent to simulate the average monthly rent for a single-residence occupancy (SRO) hotel room in the Downtown Eastside. A further \$25 is deducted for phone use, since recipients are expected to be seeking work. Another \$20 for a damage deposit, and a final \$10 for personal hygiene.

No budget was allowed for transportation, however.

"I knew what it would be



Vancouver Coun. Andrea Reimer (right) and BC Federation of Labour president Irene Lanzinger reflect on their experiences undertaking the Welfare Food Challenge at an event to mark the initiative's end at city hall on Sunday. SAM SMITH/METRO

like to concentrate — to get things done — when you're that hungry," Larkin said. "But to viscerally feel it makes a huge difference.

"The idea that I could work at the same level, to function, to express myself clearly when I'm

that hungry is not possible. After two weeks of this I wouldn't be able to work. I would stop functioning."

At one point, Larkin recalled, she was taking a ferry to Victoria and stared down at her dinner for that day: half an undressed

potato, and one egg.

She couldn't handle it.

"So I went into the BC Ferries cafeteria and I 'liberated' some of their salt and pepper and ketchup," she admitted. "I did it dressed like a middle-class, white lawyer; I got a couple of

sideways glances from the BC Ferries staff, but they didn't ask me to leave, and I have to wonder if I got away with it because I look middle class.

"It was amazing how fast I started to feel like, 'I need another way to survive. This isn't



The idea that I could work at the same level, to function, to express myself clearly when I'm that hungry is not possible.

DJ Larkin

enough," she added, arguing that the government needs to step in and double what the province's current income assistance is.

New Democrat MP Jenny Kwan echoed Larkin's experiences at an event on Sunday at Vancouver City Hall to close this year's Welfare Food Challenge. But for the Vancouver East politician, the experiment went awry after just four days.

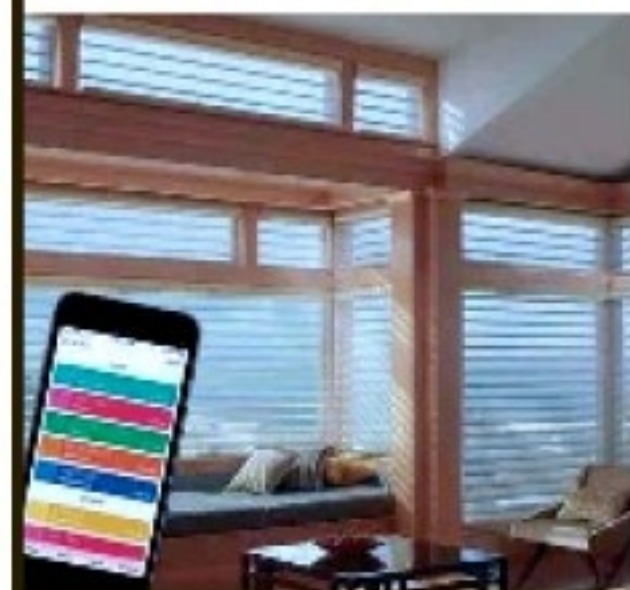
It was, she confessed, a "rough week" after she became sick on Wednesday and was forced to spend roughly \$17 on medication, digging into her meager food budget.

That's a luxury, she said, people who actually live on \$18-a-week simply couldn't afford.

"At the end of this press conference my challenge ends," Kwan said. "But for other people — some 185,000 British Columbians — it doesn't end."

Kwan ended her speech calling on Justin Trudeau to come up with a national plan to end poverty.

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More people rely on moonlighting

COST OF LIVING

Supplementary jobs are on the rise in Vancouver



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Metro | Vancouver

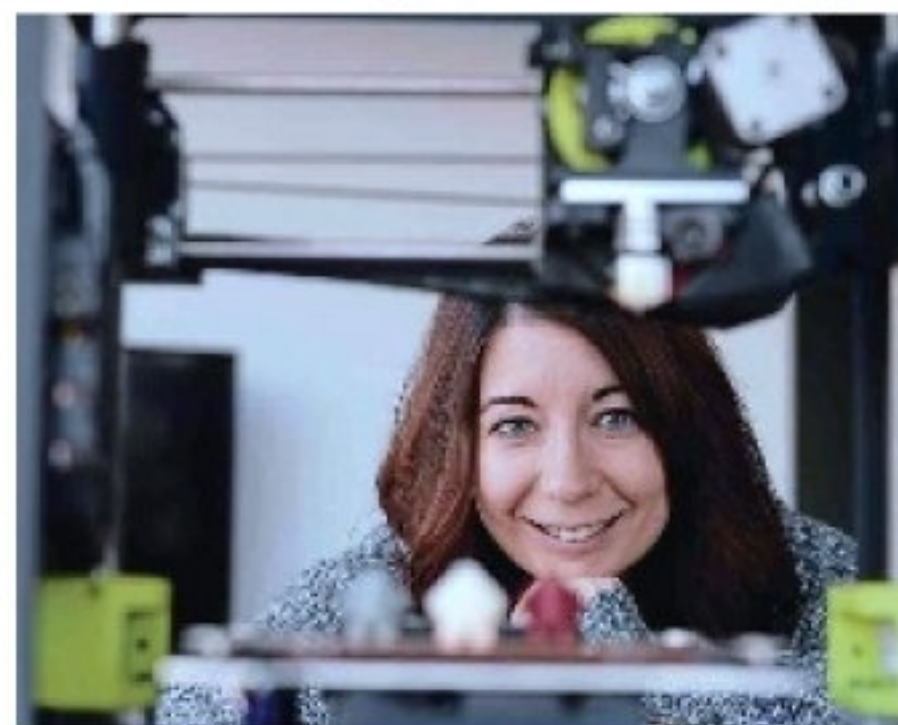
Making ends meet in a pricey city like Vancouver means taking on more than one job for many residents. And while that can be fulfilling for some, one expert warns that it is cause for concern.

Nerea Buxton moved to Canada from Spain a year and a half ago. She works full-time as a production assistant at Lush's Vancouver head office, but wanted to work toward being her own boss — and earn a little extra money too.

So the 33-year-old bought a \$1,500 3-D printer, set it up in her apartment, and posted her services on the crowdsourcing 3-D printing website 3DHubs.com. On a good week, she makes about \$200 by printing orders for people. But some weeks, she receives no orders at all.

"It's not enough cash flow, that's why I'm working at Lush," Buxton told Metro. "There was a long weekend where I got 12 orders but then on another week, you can have none."

It's a model that works for Buxton because 3DHubs.com is her supplementary income, not a regular source of money.



Vancouverite Nerea Buxton, 33, looks through the 3-D printer that she uses to supplement her income. JENNIFER GAUTHIER / METRO

That's the same case Uber made to the Greater Vancouver Board of Trade on Oct. 11. The ridesharing company depends upon many people who have stable jobs already and only work as Uber drivers to make that little bit of extra money, said Uber's chief advisor David Plouffe.

Like Uber, 3-D printing also appears to be a sporadic source of income for people. The vast majority of printers on 3DHubs.com in Vancouver only take a few orders per month, according to company spokesperson Filemon Schoffer.

But the growing numbers of



**I think we need to
be worried.**

Sylvia Fuller, UBC Sociology

self-employed workers is not something to celebrate, according to one expert.

The number of people in pre-

carious employment, as opposed to full-time employment, has risen dramatically in recent decades, said UBC Sociology associate professor Sylvia Fuller.

Almost a third of employed people in Canada are now in temporary jobs, the UBC work and labour expert pointed out.

"I don't think the typical profile of someone working multiple jobs is necessarily someone just saving for a vacation," she told Metro. "I think we need to be worried."



vancouver.ca

Development Permit Board Meeting: October 31

The Development Permit Board and Advisory Panel will meet:

Monday, October 31, 2016 at 3 pm
Vancouver City Hall, 453 West 12th Avenue
Ground Floor, Town Hall Meeting Room

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Ban ticket-scalping bots: MLA

REGULATION

Practice does nothing for economy, says New Democrat



Matt Kieltyka
Metro | Vancouver

Ontario has had enough of computer programs buying up concert tickets that allow scalpers to resell them for much higher prices.

So why hasn't British Columbia?

That's what New Democratic Party MLA Spencer Chandra Herbert is asking after the Ontario government announced plans to ban the use of ticket scalping bots in that province last Thursday.

"I'm really happy to hear that the Ontario government is taking action for their citizens to go after ticket scalping bots that drive up prices and gouge people who want to see concerts and sporting events," Chandra Herbert told Metro.



Tragically Hip frontman Gord Downie performs on stage in Toronto last Friday, as part of his latest solo effort, *Secret Path*. CHRIS YOUNG/THE CANADIAN PRESS

"I just wish we did the same in B.C."

The issue in Ontario came to a head after thousands of fans were shut out of initial ticket sales for the Tragically Hip's cross-country farewell

"I just want to see it regulated so people don't get hurt."

Spencer Chandra Herbert

tour in July and August.

Tickets to those kinds of events are often bought up by unauthorized resellers using computer programs, and then resold to desperate fans for much higher prices.

Ontario's Attorney General, Yasir Naqvi, said he was "bugged" by the difficulty fans had buying tickets for the iconic Canadian band's final shows in their home province.

"I want to see what kind of solutions we can put in place," Naqvi said Thursday. "New York and London are bigger markets than us and they're struggling with the same thing."

The issue has been a problem for most high-profile Vancouver events for years, including for the Hip's farewell tour stop here and, most recently, a NBA exhibition game between the Toronto Raptors and Golden State Warriors that sold out immediately as soon as tickets went on sale to the public.

Chandra Herbert says the practice adds nothing to the economy and leaves fans angry.

"It's pretty frustrating for people when they see people making a ton of money just because they've managed to grab all of the tickets and they now have a monopoly on them," the Vancouver-

West End MLA said. "Obviously there will always be ticket reselling in one form or another, I just want to see it regulated so people don't get hurt."

Chandra Herbert said it's hard for any one jurisdiction to cut out the international practice by itself — but local regulations could help venues and promoters ensure the tickets for their shows are purchased through official channels at face value.

He has written to government and tabled a private member's bill to tackle the issue in the past, but hasn't had any luck getting the B.C. Liberal government to take action.

"If we can demonstrate that other people are acting and taking action on ticket gouging and scalping of this form, it can make a difference," he said.

"If all of Canada signed up for action against unscrupulous scalping in this way, I think it would really help us stamp it out."

"Much more so if it's just one jurisdiction or another."

WITH FILES FROM THE CANADIAN PRESS

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Violence rampant at mines: Report

LATIN AMERICA

Feds criticized for failing to address deaths and injuries

A new report that documents 15 years of violence near Canadian mines in Latin America says the federal government is not doing enough to address the problem.

The study, published Monday, charts 44 deaths, 403 injuries and 709 arrests, detentions and charges from 2000 to 2015 that the authors link to 28 Canadian companies' mining projects in 13 countries in the region.

"The world is taking notice of Canadian companies for all the wrong reasons," said Shin Imai, a law professor at York University's Osgoode Hall Law School and principal author of the report, titled *The Canada Brand: Violence and Canadian Mining*



A May 9, 2016, photo shows German Chub, who was left paraplegic after he was shot during a conflict near a Canadian-owned mine in Guatemala. TORSTAR NEWS SERVICE

Companies in Latin America. "We need a more robust way to hold companies accountable," he said.

Pierre Gratton, president of the Mining Association of Canada, which represents several of Canada's largest resource

companies, said his members are committed to human rights and do disclose workplace injuries and fatalities in annual sustainability reporting.

Some Canadian companies work in "jurisdictions in which levels of violence are signifi-

cantly higher, and respect for the rule of law lower, than that experienced in Canada, which is a challenge," Gratton said. "Our members don't condone violence nor, in many of these examples, is violence directly correlated to operations."

Ottawa requires that Canadian mining companies follow voluntary corporate social responsibility (CSR) codes in their overseas activity. The office of the federal CSR counselor also works to "reduce and constructively resolve" conflicts between local communities and Canadian companies. That office does not conduct investigations nor have the power to sanction companies.

The report found 33 deaths, 57 injuries and 37 arrests, detentions and charges in the data set that were linked to the projects of publicly listed Canadian companies.

These cases cannot be independently verified.

TORSTAR NEWS SERVICE

WONDER WOMAN

UN criticized for new global ambassador



May Warren
Metro | Toronto

A Muslim superhero. A character representing the Cree community. Or, maybe, just maybe, a real woman.

The UN is in hot water after tapping Wonder Woman to be their global ambassador for women's empowerment — and some women in Canada have plenty of thoughts on people who may have been better choices.

Gabrielle Ross-Marquette, communications co-ordinator at METRAC in Toronto, a non-profit that combats violence against women and children, suggested Ms. Marvel (Kamala Khan), a 16-year-old Pakistani American who's the first Muslim superhero.

Or Cree superhero Equinox, who was created with input from the Moose Factory Cree community and has superpowers that change with the seasons.

Melanie Gallant, spokesperson for Oxfam Canada, a national organization that works to end poverty by promoting the rights

of women and girls, said she's "happy to see a strong feminist icon chosen" but would have preferred a real woman who embodies some of the values the UN tries to promote around the world.

Someone like Viola Desmond, a Canadian woman who fought against racial segregation in Nova Scotia in the 1940s and 1950s.

Nancy Coldham, co-chair of Equal Voice Toronto, which works to get more women elected in Canada, said she can see why the international body tapped Wonder Woman for the role.

"They are trying to reach a tech-savvy audience," she said, adding comic book characters have been used around the world for worthy causes like promoting literacy and preventing bullying.

But an international competition to design a special UN character would have given the chance to add some diversity, she said.

Coldham can see why people are upset, with the announcement coming so soon after several well qualified women were passed over for role of the UN secretary-general.

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'Jungle is finished'

CALAIS, FRANCE

Thousands of migrants face the unknown as camp closes

Migrants prayed, plotted and played soccer together Sunday, a day before France starts clearing them by the thousands from a makeshift refugee camp that is doomed for destruction.

But the scene that would pass for normal on another day at the slum-like camp in the northern port town of Calais nicknamed the "jungle" was anything but routine.

On Monday, 60 buses are set to transport 3,000 migrants to reception centres scattered around France. By week's end, the camp is to be emptied and destroyed.

"Tomorrow the jungle is finished. You know it, right?" Enrika Kareivaite, a volunteer with aid group Care4Calais, told a group of migrants. Police and volunteers will be on hand, she said, "and we will ask you to leave with us together, OK?"

After nightfall, groups of migrants used portable toilets to



Demonstrators throw back tear gas canisters to French riot police during clashes in a makeshift migrant camp known as "the jungle" near Calais, France. THE ASSOCIATED PRESS

set huge bonfires on a sandy no-man's land on the camp's edge that authorities carved out earlier this year to push camp inhabitants away from a road leading to port and ferries to England.

Scores of riot police were keeping watch, and some occasionally charged the groups igniting the flames.

The evacuation of at least 6,486 migrants — aid groups have estimated 8,300 — has been in the works for two months and is expected to take a week. It is unfolding as a complex ballet of lines, interviews, and bus rides to the unknown.

The people at the camp, who will be allowed to pick two regions of a country they don't know as their intended destination, were just learning the details Sunday.

"The objective has been reached. We have more than 7,000 places. We have a place for everyone," Calais' social cohesion director Serge Szarzynski said Sunday.

But most migrants encountered were unaware of how the operation was to proceed and unsure where their next landing place would be.

THE ASSOCIATED PRESS

IN BRIEF

Iraq bans alcohol

Iraq's parliament has passed a law forbidding the import, production or selling of alcoholic beverages in a surprise move that angered many in the country's Christian community who rely on the business.

THE ASSOCIATED PRESS

Tour bus hits truck, killing 13, injuring 31 in California

A tour bus slammed into the back of a semi-truck on a Southern California highway early Sunday, killing 13 people and injuring at least 31 others, some critically, authorities said.

THE ASSOCIATED PRESS

Poles take to streets again to protest abortion restrictions

Women put black clothes on and returned to the streets Sunday, launching protests against efforts by the nation's conservative leaders to tighten Poland's already restrictive abortion law.

THE ASSOCIATED PRESS



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Japanese retailer eyes Canadian expansion

BUSINESS

Muji opens first location with 'no frills' products

There is room for as many as 30 Muji stores in Canada, said the company's Japanese president, Satoru Matsuzaki, at the opening of the third store in the Toronto area at Yorkdale on Friday.

"We will open in Vancouver in 2017, and we are considering opening stores in Alberta and Quebec by 2020. In addition, we are thinking of opening two large flagship stores, in Toronto and Vancouver," said Matsuzaki.

At 6,375 square feet, the Yorkdale store is the largest of the three Muji stores in Canada, which include locations near Dundas Square, Toronto, and in Square One Shopping Centre in



Employees work at Muji's new store at Yorkdale Mall in Toronto, Ont. TORSTAR NEWS SERVICE

Mississauga.

Muji is short for Mujirushi Ryohin (which translates as All Value No Frills), an expanding line of unbranded products — including apparel and homewares

— designed to be functional, beautiful and reasonably priced.

"People are realizing that a large quantity of goods and functions will not necessarily make them happy," said Matsuzaki.



There is always a need for simple goods.

Satoru Matsuzaki

"But there is always a need for simple goods that will make one's life more comfortable."

The store opened Friday, next to Japanese apparel retailer Uniqlo, in a new wing at Yorkdale that also includes a three-storey Nordstrom.

The Yorkdale Muji includes an expanded apparel selection and a growing number of skin-care products, Japanese snacks and candies and some furniture items, including the Beads Sofa, essentially a beanbag chair.

The location is the first to offer embroidery and style consultant services.

TORSTAR NEWS SERVICE

INCLUSIVENESS

Companies break the mould on toy diversity

Toy companies are working harder to think outside their usual box, offering more inclusive items like dolls with disabilities, female superhero figures and characters with a range of skin tones.

Many of the products breaking down the barriers started with smaller businesses, but big names like Mattel and Hasbro are getting into the game and offering lots more options this holiday season.

What that means on the shelves is Barbies that have a greater variety of body types, eye colours and facial structures, a Lego mini-figure of a boy who uses a wheelchair, and

an American Girl doll with accessories like a diabetes kit and arm crutches in addition to the hearing aids and service dogs it has offered before. Other items include coding toys, robots and circuit builder sets aimed at both girls and boys.

Increasingly, the inclusiveness in the toy aisle means dolls with disabilities. Toys R Us has carried an exclusive line since 2013 called Journey Girls, which includes a wheelchair and a crutch set. Its partnership with American Girl to carry the Truly Me collection starting this month will include dolls that also use crutches, diabetes kits and wheelchairs.

Experts say it's critical for children to play with toys that don't perpetuate stereotypes of what's considered beautiful.

"There's been some good progress, but there is a lot of work that needs to be done," said Elizabeth Sweet, a sociologist at California State University in Sacramento, California. "Kids need to see themselves in the toys and objects they interact with." THE ASSOCIATED PRESS



Barbie Fashionistas, from Mattel, on display at the annual TTPM Holiday Showcase, in New York. RICHARD DREW/THE ASSOCIATED PRESS

MEDIA

AT&T set to purchase Time Warner in \$85.4-billion deal

Grab some popcorn — AT&T wants to take you to the movies.

AT&T is buying Time Warner, the owner of the Warner Bros. movie studio, HBO and CNN, for \$85.4 billion in a deal

that could shake up the landscape.

The deal would combine a telecom giant that owns a leading cellphone business, DirecTV and Internet service with the company behind some of

the world's most popular entertainment, including Game of Thrones and professional basketball.

POTENTIAL DOWNSIDES

Even if the AT&T deal overcame

opposition in Washington, though, it's possible regulators might saddle the company with so many conditions that the deal no longer makes sense.

Also, AT&T is handing over \$85 billion to Time Warner,

almost 40 per cent more than investors think the company is worth.

MARKET SPILLOVER

The prospect of more media acquisitions sent several stocks

soaring Friday. Netflix and Discovery Communications each jumped more than 3 per cent.

Time Warner rose nearly 8 per cent on Friday — up 38 per cent since the start of the year. THE ASSOCIATED PRESS

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THE QUESTION What do I say when people ask how much my ring cost?

Dear Ellen,

Since getting engaged, my fiancé and I have had numerous questions from friends about how much the ring cost. I find this question offensive and I have refused to answer. What is the right way to handle this question without sounding rude?

Engagement Ring Woes

Dear ERW,
I'm always struck by innately polite people who bend over backwards to protect the feelings of innately rude people. Then again, I suppose that's the definition of good manners: treating other people respectfully regardless of their own tactless, nosy, obtuse behaviour toward you.

Asking how much your ring cost is on the Top 11 List of Rude Questions That Should Never Be Asked. The other 10:

1. "Are you pregnant?"
2. "Why don't you have kids yet?"
3. "Are you having trouble getting pregnant?"
4. "Are you going to get married? (Which often comes

complete with: "Why hasn't he/she/they asked yet?")

5. "How much did your house cost?"

6. "How much money do you earn?"

7. "Did you resign or were you fired?"

8. "Is that what you're wearing?"

9. "I heard you guys split up — whose fault was it?"

10. "What is that thing on your face?"

I could list many more rude questions, of course, having

once been a younger, tactless, nosy, obtuse person who asked many of them myself.

We think we're just being curious when we pose these queries. But what seems innocuous to us can feel like a gut punch to those who can't get pregnant, or who just got dumped, fired or diagnosed with a horrible facial-skin disease.

Back to the ring. You say you refuse to answer when people ask how much it cost, which is your right. But then



you ask how to handle this question "without sounding rude?" This makes me wonder how you've been handling it so far. I'm going to assume you aren't telling people to shut the hell up and eff off.

Perhaps you're confusing the potential awkwardness of a polite but firm "no" with rudeness, because it makes people uncomfortable. But there's nothing wrong with replying, "I'd rather not say how much my ring costs." You don't have to add anything. You don't have to rush headlong into the silence to save anyone's feelings. If whoever asked the rude question has any sensitivity to social cues at all, they'll realize their mistake and learn from it. Thanks to you.

And if they're insensitive clods who persist ("C'mon, tell me. I really wanna know"), you can just smile and explain, as if to a small child: "I don't want to tell you and I'm not going to."

Best of luck with your nuptials. Just be prepared to have the same answer ready when you get asked how much the wedding cost.

Need advice?

Email Ellen:

scene@metronews.ca

VICKY MOCHAMA



Wearing a 'nasty woman' shirt without harassment is a privilege available to white women

As a black woman, I will not be wearing a "nasty woman" T-shirt.

After Donald Trump called Hillary Clinton "such a nasty woman," women — mostly white — are reclaiming the term "nasty woman" and turning it into a merchandising empire: Nasty Woman cock-tails, perfumes, tote bags and T-shirts.

But I'm not buying any of it. The word "nasty" hypersexualizes and diminishes black women. It's a term of contempt. When the Beckys at the top of "Baby Got Back" take the measure of the black woman in their midst, the judgment they arrive at is clear: She's a nasty girl.

"I mean, her butt, is just so big

I can't believe it's just so round, it's like

Out there, I mean — gross. Look!

She's just so ... black!"

When they say "she looks like a total prostitute," they're echoing a pervasive, racist, misogynist trope. I don't know of a single black woman who hasn't been mistaken for a sex worker. Whether it's white boys driving by to ask "How much?" or the Paris waiter who asked me to sit inside instead of alone on the patio, we're

assumed to be available for purchase.

The freedom to wear a "nasty woman" shirt without being harassed is a privilege available to white women.

White feminism can be alienating for non-white feminists. As writer Catherine Young explains, "White feminism is a set of beliefs that allows for the exclusion of issues that specifically affect women of colour."

"It is 'one size-fits all' feminism, where middle-class white women are the mould that others must fit."

White feminism looks like #LeanIn when black women can't get job interviews because their names are different. It sounds like Hillary Clinton saying "This all started in Seneca Falls," a women's rights convention where no black women were present.

Black women and other women of colour are told that supporting Hillary is a feminist requirement when surely the only feminist requirement is dresses with pockets. We're asked to set aside valid concerns, to favour our gender over our race even when the world defines us by both.

So no "Nasty Woman" shirt for me. I'll just continue wearing my favourite shirt, which reads, "I met God. She's black."



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Famously straight-laced 17th-century sectarians who helped settle America weren't so priggish after all, says leading Puritan scholar Francis Bremer, who points to a love letter that John Winthrop wrote in 1618 to his wife as an example of Puritan passion.

Your essential daily news

Monday, October 24, 2016

AFTER THE GAME

Athletes say they call out vulgarity if they hear it

Perry King
For Metro Canada



The conversation Donald Trump had on a 2005 videotape, words he described as "locker room talk," were definitely not the kind of words Mobeen Noormohamed would ever use.

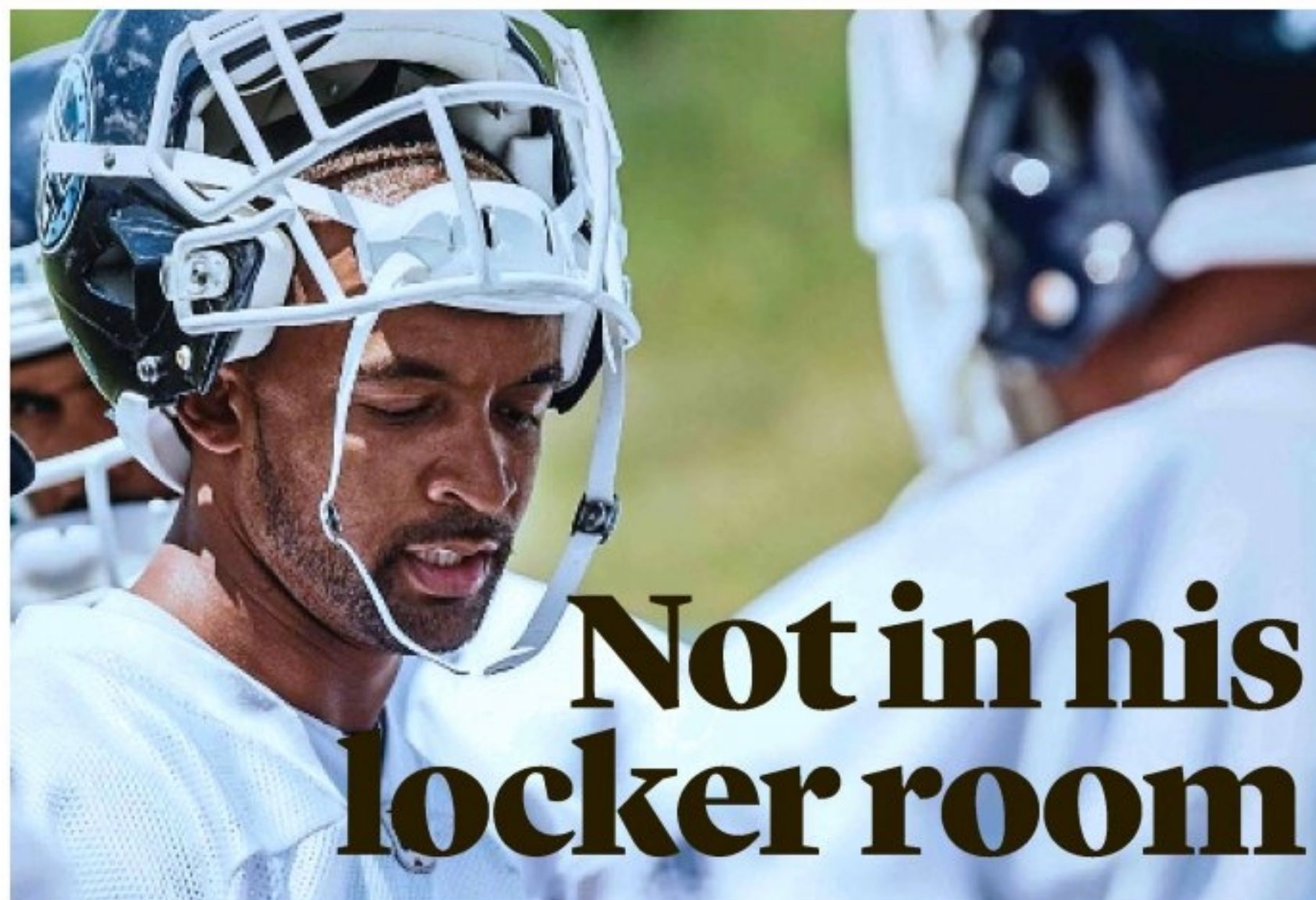
Playing rec league hockey with the same guys for more than a decade, Noormohamed has seen the locker room as a place to connect with the guys he plays with, as well as an outlet to let off some steam.

"It is sometimes like a venting thing, talking about work or about life," said Noormohamed, from his Stouffville, Ont. home, "and the guys relate to that."

If they do talk about women, especially their spouses, it's kept tame. "Is it a lot of vulgarity? No, not really. At the same time, is it stuff that we would talk about with our spouses? Probably not," added Noormohamed, a husband and father of two.

In the Toronto Argonauts locker room, they talk about everything under the sun. Matt Black, the team's defensive back and kick returner, says he sees more guys giving back to the communities where they grew up than living up to the misogynist label associated with locker room behaviour attached to Trump.

"Just because it happens in a locker room doesn't make it OK for you to say something like



Not in his locker room

Matt Black, the Argos' defensive back and kick returner, says he sees more guys giving back to the communities where they grew up than taking part in stereotypical, misogynist locker room behaviour. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

that," said Black.

Noormohamed and Black have each heard minimal vulgar comments about women in their spaces, but Dr. Margery Holman from the University of Windsor argues that the behaviour is still very common. Researching about women and sport for years, Holman has found locker room culture to be historically male-dominated, where misogynist behaviour can stew.

She said talking with utter vulgarity about women behind closed doors sends the message that feeling and thinking that

way is OK and enables even worse behaviour in men, even violence, in the future.

"If you ask athletes, they might be reluctant to talk about it. Often it's something that's under the table. There's a lot of silence that shrouds it," she said.

Comparing that talk with hazing, Holman says the sports environment is protective and that many athletes still don't call out other men or confront the issue.

Mike Schaaf, who co-ordinates the MANifest Change program, a men's outreach effort organized by the Ottawa Coalition to

End Violence Against Women, has reached out to about 2,000 people in the Ottawa area and thousands more via social media to discuss positive definitions of masculinity — which foster acceptance and builds better relationships with others.

Schaaf, who estimates that 1 in 3 women and 1 in 6 boys experience sexual violence, is well aware of the locker room talk and understands the nature of it.

"As men, we are often under pressure to prove ourselves to other men by acting tough, bragging about sex with women,

and showing willingness to use violence," he wrote in an email.

"We aren't satisfied with that definition of manhood because it underlies violence against women and violence among men."

Black feels it's important to also empower young women, to give them courage and support them if they suffer violence.

"Do what we need to do to empower young women, so that when something inappropriate happens to them, they know that it's OK to come forward and tell your story," Black said.

METRO ASKS

"What do you talk about in your locker room?"

PERRY KING FOR METRO

We're talking about whatever is going down that day. Sometimes we'll talk about females but we always stay respectable.

— Andrew Madeira-Silva



Usually about current games on TV or, maybe I'm childish, cartoons like any other person. I don't talk about any random groping like Donald Trump but I'm a human being. If I see a girl who's attractive, I'll bring it up to my homies."

— Khristopher Robinson

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Canucks run fowl play

NHL Anaheim hands Vancouver its first loss in regulation

Nick Ritchie realizes he is occupying one of the sweetest spots in hockey on a line with Ryan Getzlaf and Corey Perry for the Anaheim Ducks.

The 20-year-old power forward is doing his best to take advantage.

Ritchie scored the tiebreaking goal on a rebound with 8:36 to play. Getzlaf had three assists and the Ducks finally opened their home schedule with a 4-2 victory over the Vancouver Canucks on Sunday night.

Ritchie batted a pop-fly rebound of Getzlaf's shot out of mid-air for his first goal of the season. After six games alongside the Ducks' twin franchise pillars, Ritchie finally got a reward for his work — and Getzlaf even called it Ritchie's best game of the season.

"I think I'm getting used to it," Ritchie said. "They're obviously premier players, but tonight we looked good together, and hopefully we can keep that going.... It's big (to score). It's encouraging that I'm staying together with them."



Canucks defenceman Ben Hutton trips Ryan Garbutt of the Ducks on Sunday in Anaheim.

SEAN M. HAFEEY/GETTY IMAGES

SUNDAY In Anaheim

4 **2**
DUCKS CANUCKS

Andrew Cogliano, Cam Fowler and Perry also scored for the Ducks, who have won two straight after a four-game winless start. John Gibson made 17 saves in the Western Con-

ference's final home opener, thanks to a schedule that forced Anaheim to play in five teams' home debuts this month.

Henrik Sedin scored the tying goal early in the third period for the Canucks, who lost in regulation for the first time this season after a punishing shootout loss in Los Angeles one night earlier. Bo Horvat scored a short-handed goal, and Loui Eriksson had two assists.

"I think from the puck drop,

we weren't ready," said Canucks defenceman Luca Sbisa. "They outplayed us, out-battled us. We were very sloppy, especially through the neutral zone. We made uncharacteristic plays and it cost us."

Ryan Miller made 33 saves in his first outing since opening night for the Canucks. The veteran stopped every shot he faced while beating Calgary, but missed the next four games with an injury. THE ASSOCIATED PRESS

MLS

Caps deny Timbers a playoff berth

A miserable year for the Vancouver Whitecaps finished with a silver lining.

Giles Barnes scored twice in the first half Sunday as Vancouver defeated the Portland Timbers 4-1 on the final day of the regular season to deny the defending MLS Cup champions a spot in this year's playoffs.

The Whitecaps (10-15-9) were eliminated from post-season contention at the beginning of October, and were knocked out of the Western Conference semifinals by the Timbers on the same BC Place Stadium pitch 12 months ago. They got a measure of revenge against their rivals thanks to a display of skill, passion and desire that failed to materialize for most of 2016.

"This performance absolutely

SUNDAY At BC Place

4 **1**
CAPS TIMBERS

drives me mad," said Whitecaps head coach Carl Robinson. "I know we have the players to do it, but we haven't done it on a consistent basis. Why? I don't know. I'm going to get to bottom of it because I don't want to be sitting here next year saying the same things to you like a broken record."

"We finished on a high today, but I'm not fooled."

Vancouver won for just the second time in Major League Soccer since July. THE CANADIAN PRESS

IN BRIEF

Mourinho humbled in return to Chelsea

Jose Mourinho was humiliated in his return to Chelsea as his Manchester United defence was brutally exposed in a 4-0 loss Sunday by its ruthless hosts. Mourinho's second Chelsea reign was abruptly halted last December with his firing. THE ASSOCIATED PRESS

Missed field goals rule OT as Seahawks, Cardinals tie

Seattle's Stephen Hauschka and Arizona's Chandler Catanzaro missed short field goals that would have won the game in overtime and the Seahawks and Cardinals settled for a 6-6 tie Sunday night. The last tie in the NFL was in 2014. THE ASSOCIATED PRESS

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In the Supreme Court of British Columbia

Claimant: **WILLIAM FRANK SUTTON**

Respondent: **TINA MAY MORRIS also known as TINA MAY SUTTON**

NOTICE FOR PUBLICATION

To: Tina May Morris also known as Tina May Sutton

TAKE NOTICE THAT on August 15, 2016 an order was made for service on you of a notice of family claim issued from the Powell River Registry of the Supreme Court of British Columbia in family law case number E1047 by way of this advertisement.

In the family law case, the claimant claims the following relief against you: **an Order for Divorce.**

You must file a response to family claim within 35 days after the date of the publication of this notice, failing which further proceedings may be taken against you without notice to you.

You may obtain a copy of the notice of family claim and the order for service by advertisement from the Powell River Registry, at 6953 Alberni Street, Powell River, British Columbia, V8A 2B8.

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RECIPE Vegetarian Skillet Lasagna



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



You can switch up the veggies in this sauce, but do not skip the gooey cheese that covers the top of this one-pot lasagna.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Serves 6

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 1 tsp dried oregano
- salt and pepper
- 6 to 8 mushrooms, sliced
- 1 x 19 oz can of tomatoes
- 1 cup water
- 8 oz (250 grams) of dried pasta like farfalle
- 1 cup grated mozzarella
- 1 cup ricotta
- small handful of fresh basil

Directions

1. Warm up olive oil in a large skillet over medium heat. Add onions and garlic and allow to soften, about 3 minutes. Toss in zucchini, mushrooms and oregano. Stir occasionally 3 to 5 minutes until vegetables start to soften. Season with salt and pepper to taste.

2. Add tomatoes and break with the back of a spoon. Pour in water. Stir everything and bring to a simmer.

3. Pour pasta into the sauce and make sure it is submerged. Allow to simmer 15 minutes, stirring so it doesn't stick to the bottom.

4. When pasta is just about cooked, stir in mozzarella. Spoon ricotta over top of the dish. Cover the skillet for about 3 minutes to allow the cheese to warm through and soften. Sprinkle fresh basil before serving.

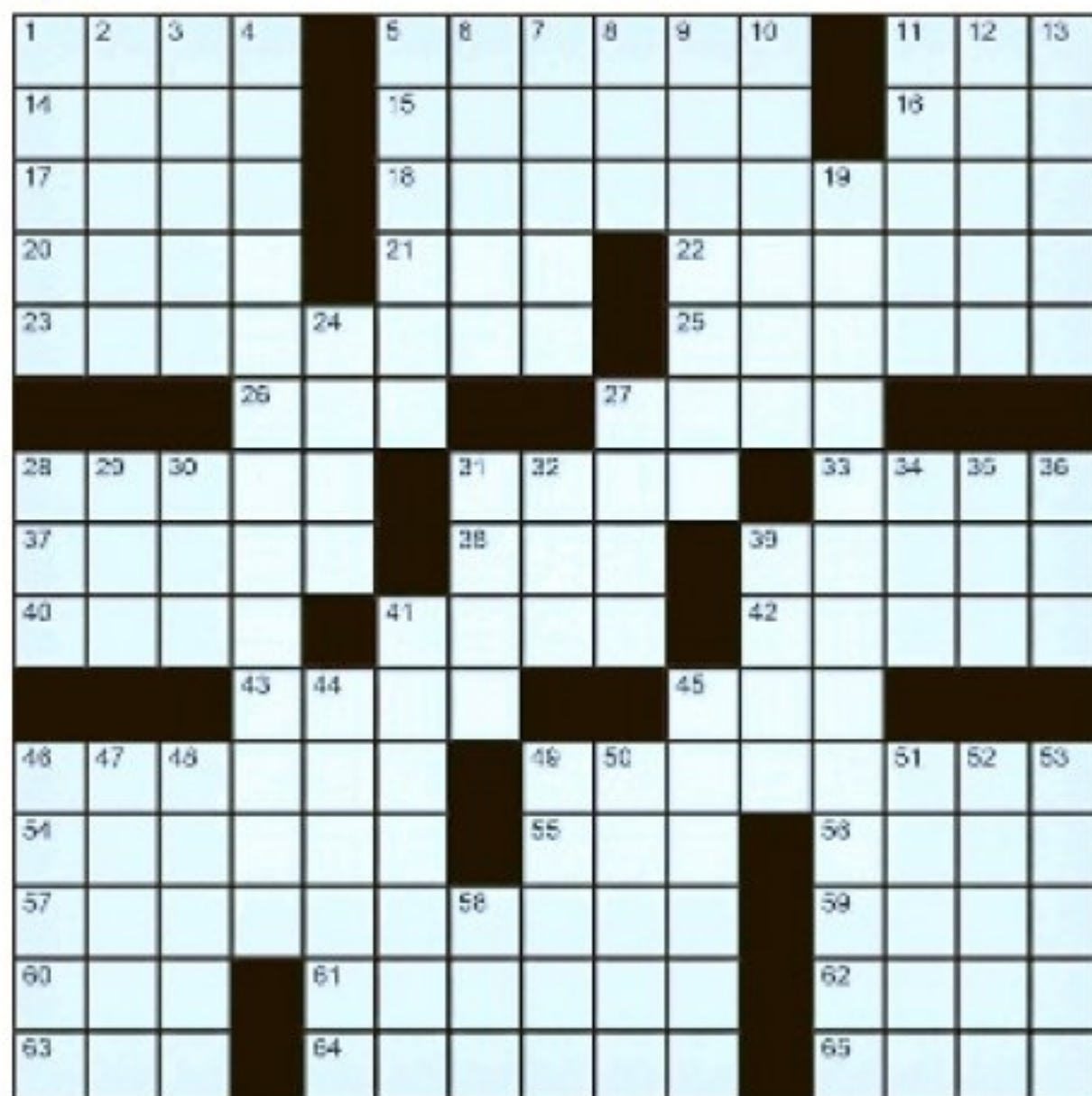
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ACROSS

1. Ella Fitzgerald's singing specialty
5. Unpredictable result
11. NBA player in Ohio, for short
14. Story
15. High-___ fuel
16. The Altar constellation in space
17. Ms. Cummings of "Feed the Beast"
18. Park attraction in Victoria; or, a neighbourhood of Ottawa: 2 wds.
20. Like fine wine
21. Nova Scotia's ___ Island, in Mahone Bay
22. Habituated
23. Droned delivery from the dais
25. Tart-tasting
26. Parked cars area
27. Cilantro, for one
28. Mr. Picasso
31. Traversed thing
33. Aware of the hoax: 2 wds.
37. Goodie
38. Following morn' time
39. Style
40. Talented tennis server
41. Essential part
42. Skillful
43. Branch balancer
45. "Close, ___ no cigar!"
46. ___ skiing (Resort recreation)
49. Supports a walk-a-thon
54. Domains
55. Communist leader of China, ___ Zedong (b.1893 - d.1976)



56. Call it a day
57. "The Beachcombers" and "The Littlest Hobo", e.g.: 2 wds.
59. Reverse
60. Film ___
61. Bathroom renovation replacement
62. Image
63. "Sure."

64. Records
65. Resist

DOWN

1. ___ engine (Model train piece)
2. Shipment
3. Sci-Fi flick starring Sigourney Weaver
4. Sir John A. Mac-

donald is on it in your wallet: 3 wds.
5. Additionally: 2 wds.
6. 54-40's "___ Pearl"
7. Vampire impaler's weapon
8. Cul-de-quoi?
9. Squeakiness could mean a hinge

is what?
10. Writer
11. Mummy's milieu
12. "Over the Rainbow" co-composer Harold
13. Canadian folk singer/songwriter of "Rock and Roll Song"
19. Cephalopod on

menus in West Coast restaurants: 2 wds.
24. Beep!
27. Possesses, olde-style
28. Harper Valley, e.g.
29. Joan of what?
30. The Gees connector
31. Bug killer brand
32. Frequently, short-style
34. Rob Roy's refusal
35. Pourboire
36. Food fragment
39. Human/goat forest deity
41. Continue with the trek: 2 wds.
44. Prisoner
45. Hikes up
46. Creative
47. Flood embankment
48. Accords
49. Cosmetic dentistry focus
50. One wearing out the carpet with worry
51. Weight unit
52. Get ___ (Throw away)
53. ___ silence
58. Puppy training order

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a wonderful, creative day for you! This is good news, because Aries is the artisan of the zodiac. You can do anything with your hands!

Taurus April 21 - May 21
Postpone important family discussions for another day, because today is a poor day to make a decision. Just get the facts and do your homework well.

Gemini May 22 - June 21
This is a good day to write or be creative. However, it's a poor day to shop for anything other than gas and food. This is not a good day for making important decisions or purchases.

Cancer June 22 - July 23
Avoid important financial decisions today. Do not shop for major items — just shop for food and gas. Postpone important purchases and decisions until tomorrow.

Leo July 24 - Aug. 23
This is a loosey-goosey day. Unfortunately, because it's Monday, you might try to begin something new or make a new decision. Don't do this; wait until tomorrow.

Virgo Aug. 24 - Sept. 23
Your efforts to research something or find a secret that you're looking for will be quite productive today. That's because it's easy for you to think outside of the box.

Libra Sept. 24 - Oct. 23
Enjoy schmoozing with friends today, because this is an easygoing (albeit goofy) day. Just hang out with people and have a good time.

Scorpio Oct. 24 - Nov. 22
Postpone important discussions with parents and bosses today, because whatever you initiate likely will not fulfill its purpose. Just go with the flow and keep treading water.

Sagittarius Nov. 23 - Dec. 21
Your appreciation of beauty is heightened today, which is why you will enjoy art galleries, museums, boutiques and beautiful parks. Take it easy today.

Capricorn Dec. 22 - Jan. 20
This is a poor day to make important financial decisions, especially about inheritances, taxes, debt and shared property. Wait until tomorrow.

Aquarius Jan. 21 - Feb. 19
A heart-to-heart talk with a close friend or a partner will be meaningful today because people are willing to let their hair down. They will take a chance on honesty.

Pisces Feb. 20 - March 20
Your work scene will suffer from delays, poor decisions and inefficiency today. Just accept this and don't be hard on yourself or others. You will accomplish much more tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7		8	1		5		
6				5				9
1			4		3			2
	8						3	
4			2		7			6
8				6				3
	9		7		5		8	

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7	4	2	6	5	9	1	8	3
5	8	6	3	4	1	2	9	7
9	3	1	7	8	2	4	5	6
2	5	3	1	7	4	8	6	9
4	1	8	9	6	5	7	3	2
6	9	7	8	2	3	5	1	4
1	6	5	2	9	7	3	4	8
8	7	4	5	3	6	9	2	1
3	2	9	4	1	8	6	7	5

Changes coming to SkyTrain October 22

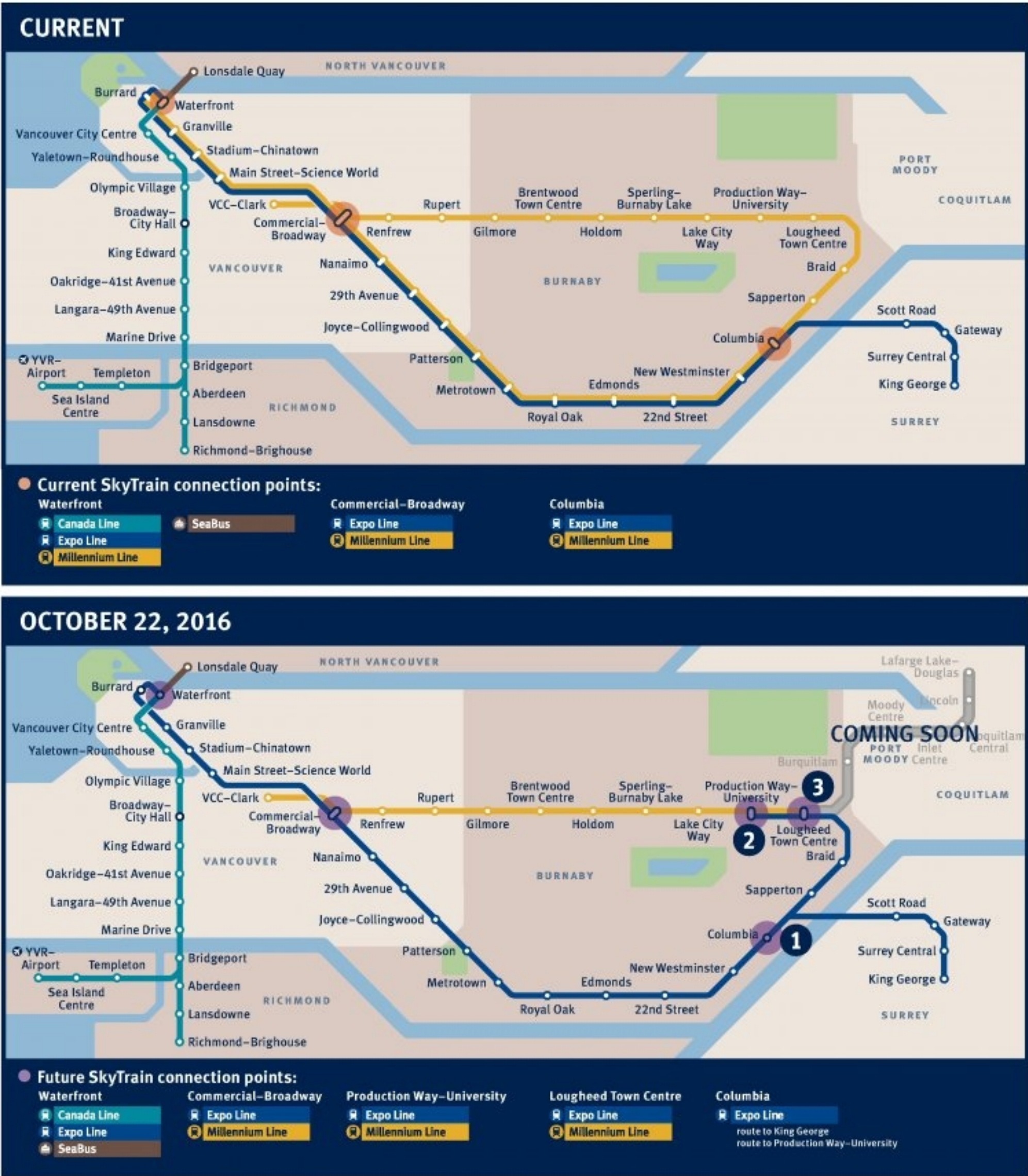
TransLink's integrated transit network has seen a lot of changes over the years. Soon, there's going to be an exciting new change—the Evergreen Extension extends the Millennium Line to Coquitlam through Burnaby and Port Moody! Operating pattern changes will begin in advance of the Evergreen Extension opening as part of our testing process.

What are the key changes?

- 1 The Expo Line will now have two routes. One route will continue to travel between Waterfront Station and King George Station.
- 2 A second Expo Line route will run between Waterfront Station and Production Way–University Station.
- 3 The Millennium Line will no longer travel to/from Waterfront Station. Instead, it will now run between VCC–Clark Station and Lougheed Town Centre (continuing on to the Evergreen Extension when it's open).

Did you know?

Once the Evergreen Extension opens, our SkyTrain network will become the longest, driverless, automated rapid transit system in the world.



Know before you go at translink.ca/skytrainchanges

